

Fresh Herb Risotto

Low Cholesterol Recipe

Servings: 6 **Prep Time:** 20 mins **Total Time:** 50 mins

Ingredients:

- 7 cups fat-free chicken broth
- 4 garlic cloves, minced
- 2 cups fresh herbs, finely chopped, such as parsley, tarragon, chives, chervil, dill, basil, chives and arugula (4 cups leaves)
- 2 tablespoons extra virgin olive oil
- 2/3 cup onion, finely chopped
- kosher salt, to taste
- 1 1/2 cups arborio rice
- 1/2 cup dry white wine
- fresh ground pepper
- 1 teaspoon lemon zest, finely chopped
- 1 tablespoon lemon juice, freshly squeezed
- 1/2 cup parmesan cheese, freshly grated

Directions:

1. Put stock into a saucepan, and bring it to a simmer on the stove, with a ladle near the pot.
2. Combine the herbs and one of the minced garlic cloves in a bowl, and set aside.
3. Heat the olive oil over medium heat in a wide, heavy skillet or saucepan. Add the onion or leek and 1/2 teaspoon salt, and cook gently until it is just tender, about three minutes. Do not brown.
4. Stir in the rice and the remaining three cloves of garlic, and stir just until the grains of rice become separate and begin to crackle.
5. Add the wine and cook, stirring, until it is absorbed.
6. Begin adding the simmering stock, a couple of ladlefuls (about 1/2 cup) at a time. The stock should just cover the rice and should be bubbling, not too slowly but not too quickly.
7. When the rice is just tender all the way through but still chewy, usually in 20 to 25 minutes, it is done. Taste now and correct seasoning.
8. Add another ladleful of stock to the rice. Stir in the herbs, pepper, lemon zest and juice, and Parmesan, and remove from the heat. The mixture should be creamy. If you put some on a plate and tilt the plate the mound of rice should flatten out. Serve right away.

Taken from Food.com



NUTRITION FACTS	
Serving Size: 1 (903 g)	
Servings Per Recipe: 6	
Amount Per Serving %	Daily Value
Calories	292.1
Total Fat	7.6 g
Saturated Fat	2.1 g
Monounsaturated Fat	4.0 g
Polyunsaturated Fat	0.6 g
Trans Fat	0.0 g
Cholesterol	7.3 mg
Sodium	1213.2 mg
Potassium	178.9 mg
Magnesium	21.7 mg
Total Carbohydrate	43.3 g
Dietary Fiber	1.7 g
Sugars	1.5 g
Protein	8.2 g



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Director's Note

Stacy Lane - JPA Director

There are two main items I'd like to share with you this month. First, when our claims-payment system was updated on July 1st with Blue Shield to reflect the mandated changes due to Health Care Reform, the annual medical deductible for our plans was accidentally reset. This was an error on the part of Blue Shield, and your deductible has NOT been reset back to \$0 as of July 1st. Your annual deductible is still on a January through December basis. Blue Shield has corrected their computer system and will begin re-processing all claims that were paid incorrectly during this time. If you have a concern on a specific claim, please contact Blue Shield Customer Service directly at 1-800-642-6155. If you have any other questions, please contact our JPA Benefits Clerk, Kim Rocha, at (707) 445-7777.

Second, the month of September is National Cholesterol Education Month. Our JPA's number one prescribed medicine, in terms of gross cost, is Lipitor, the number one prescribed branded cholesterol-lowering medicine in the world. In fact, not only is it the most prescribed medicine for our JPA, but also for CVS/Caremark's entire book of business. Lipitor is a type of cholesterol-

lowering medicine called a statin. Statins block an enzyme in the liver that the body uses to make cholesterol. When less cholesterol is made, the liver uses more of it from the blood. This results in lower levels of overall cholesterol. High cholesterol is a risk factor for heart disease- the number one health problem in the United States. 80% of people who have had a heart attack have high cholesterol. Last year our JPA filled over 1,300 individual prescriptions for Lipitor. If you have a prescription for Lipitor, I have good news for you. Lipitor, currently a brand name drug, is scheduled for generic release starting at the end of this year! According to CVS/Caremark, it is probably the most anticipated generic drug launch ever. With the introduction of a generic alternative, you will have an opportunity to save on your out-of-pocket expenses for this medicine. Please check with your pharmacist to see when you will be able to take advantage of this new generic option. If you have any questions about the generic launch, or your overall pharmacy benefits, please don't hesitate to give us a call.

September is NATIONAL CHOLESTEROL EDUCATION MONTH:

High blood cholesterol affects over 65 million Americans. It is a serious condition that increases your risk for heart disease. The higher your cholesterol level, the greater the risk. You can have high cholesterol and not know it. Lowering cholesterol levels that are too high lessens your risk for developing heart disease and reduces the chance of having a heart attack.

WHAT DO YOUR CHOLESTEROL NUMBERS MEAN?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a “lipoprotein profile” to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast and gives information about you:

- **Total cholesterol**
- **LDL (bad) cholesterol** – the main source of cholesterol buildup and blockage in the arteries
- **HDL (good) cholesterol** – helps keep cholesterol from building up in the arteries
- **Triglycerides** – another form of fat in your blood

WHAT AFFECTS CHOLESTEROL LEVELS?

A variety of things can affect cholesterol levels. These are things you can do something about:

- **Diet.** Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.
- **Weight.** Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.
- **Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

THINGS YOU CANNOT DO ANYTHING ABOUT ALSO CAN AFFECT CHOLESTEROL LEVELS. THESE INCLUDE:

- **Age and Gender.** As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women’s LDL levels tend to rise.
- **Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

TREATING HIGH CHOLESTEROL

The main goal of cholesterol-lowering treatment is to lower your LDL level enough to reduce your risk of developing heart disease or having a heart attack. The higher your risk, the lower your LDL goal will be. There are two main ways to lower your cholesterol:

- **Therapeutic Lifestyle Changes (TLC)**—includes a cholesterol-lowering diet (called the TLC diet), physical activity, and weight management. TLC is for anyone whose LDL is above goal.
- **Drug Treatment**—if cholesterol-lowering drugs are needed, they are used together with TLC treatment to help lower your LDL.

EXERCISE IS AN IMPORTANT TOOL IN LOWERING CHOLESTEROL AND PROMOTING OVERALL HEALTH

It can lower total cholesterol by an average of 10% in conjunction with a healthy diet. There are a lot of exercise programs out there, and most types of exercises, ranging from walking to running, appear to have the same impact when it comes to lowering LDL (“bad” cholesterol) and raising HDL (“good” cholesterol).

Most studies have been performed on aerobic exercises, such as jogging, running and aerobics. Aerobic exercises appear to benefit cholesterol the most, by lowering LDL by 5 to 10% and raising HDL cholesterol by 3 to 6%. Water exercises, such as swimming, water walking, and participating in water games, can also produce similar results in your cholesterol profile as aerobic exercise.

Even if you are not an avid jogger or haven’t been active in a while, you can also enjoy other exercises that may lower cholesterol. For instance, studies have shown that walking, yoga, and tai chi can also lower cholesterol. However, these studies are few in comparison to studies looking at aerobic exercise.

